

# Diabetes #3

**Increase awareness of diabetes risk factors and prevention.**



**Definition:** Increase the awareness of the diabetes risk factors and prevention to students, parents, faculty and staff. Distribute pamphlets, write newsletters, and give announcements or other materials about diabetes risk factors and how it may be prevented. Provide materials in Spanish, if necessary.

**Resources:**

UDOH Diabetes Prevention and Control

<http://health.utah.gov/diabetes/>  
Darin Larson  
801-538-7013  
[dlarson@utah.gov](mailto:dlarson@utah.gov)

Diabetes Education Manuals (available in eight languages!)

<http://www.health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm>  
For a free copy, please contact Betsi Patino  
[bpatino@utah.gov](mailto:bpatino@utah.gov)  
801-538-6141

Helping the Student with Diabetes Succeed: A Guide for School Personnel

[http://www.ndep.nih.gov/diabetes/pubs/Youth\\_SchoolGuide.pdf](http://www.ndep.nih.gov/diabetes/pubs/Youth_SchoolGuide.pdf)  
National Diabetes Education Program 1-800-860-8747 (for a free copy)

Helping Administer to the Needs of the Student with Diabetes in School (H.A.N.D.S.)

<http://www.nasn.org/default.aspx?tabid=411>

# Assignments

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## **School Coordinator Assignments**

- At a minimum, write two articles about diabetes and distribute to students, parents, faculty and staff during the year
- Make articles easy to read and understand
- Diabetes materials and information should explain that good nutrition, physical activity and healthy weight will help prevent diabetes
- Diabetes materials and information should describe the urgency and severity of the disease, as well as susceptibility among peers
- Optional: In the classroom, or during P.E., discuss the diabetes information with the students